

Stronger relationships in the workplace and school typically means more collaboration, happier colleagues, higher productivity, and less burnout. However, when relationships are unhealthy,   
it could mean the opposite. Bullying is not okay, but receiving legitimate feedback or a disciplinary action is. Building strong relationships, whether they are family or romantic, friend or professional, can have a positive impact   
on your life.

This session helps participants identify the characteristics of healthy and unhealthy relationships and what kind of relationships to avoid.

Your Student Assistance Program is available 24/7 to help with you and your family.

**ONLINE SEMINAR**

**Examining Relationships:   
Healthy vs. Unhealthy**



December

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**

***Just call or log on to get started.***

TOLL-FREE:

**800-633-3353**

WEBSITE:

**www.mygroup.com**

USERNAME:

**Student program specific**

PASSWORD:

**guest**

**Visit your home page starting December 17th:**